



47th Ave Farm Winter CSA for the week of April, 2 2012

If you have an occasion to make a cake this week you should make the parsnip cake in this packet as a final good-bye to winter!

I don't like to include many, if any, vegetables or herbs that are not to be found in your share but today's packet includes a few recipes or ideas where parsley would be wonderful so if you find yourself at the store grab a couple of bunches of parsley and maybe a carrot or two.

Creamy Leek Soup

Leek Frittata

Smashed Potatoes with Roasted Broccoli or Raab

Indian-inspired Buttered Greens and Potatoes

Sautéed Parsnips with Salsa Verde

Beet Salad with Toasted Pumpkin Seeds

Beet Pesto

Sesame Collards

Roasted Purple Sprouting Broccoli with Potatoes, Cumin and Onions

Spiced Parsnip Cake

Creamy Leek Soup

--inspired by Gourmet Magazine many years ago

This is a richer leek soup than the last one I included in a packet a few weeks ago. It also has the (quick) extra step of making a roux (flour and butter paste) that thickens and enriches the soup. It's worth the extra effort! This soup is even better a day or two after it's made but I never have the foresight to manage that. Feel free to use olive oil in place of the butter though butter and leeks are a wonderful combination.

Serves 4 (generously)

6 medium leeks (generous 2 pounds), trimmed, washed and chopped (I just remove the outer layer and top few inches of the most fibrous green parts as much of the green is perfectly good)

1 medium onion, chopped

1 carrot, chopped

2 celery ribs, chopped

1 teaspoon salt

1/2 teaspoon black pepper

5 tablespoons butter, divided

1 medium potato, peeled and diced

1/2 cup dry white wine (or more broth or stock)

3 cups chicken stock or veggie bouillon broth

1 bay leaf

1 1/2 cups parsley

3 tablespoons all-purpose flour

1/2 cup chilled heavy cream

Cook leeks, onion, carrot, celery, salt, and pepper in 2 tablespoons butter (or olive oil) in a 5- to 6-quart heavy pot over moderate heat, stirring occasionally, until softened, about 8 minutes. Add potato to leek mixture along with wine, stock, water, and bay leaf. Bring to a boil, then reduce heat and simmer, partially covered, until vegetables are tender, about 15 minutes. Stir in parsley and simmer soup, uncovered, 5 minutes. Discard bay leaf and keep soup at a bare simmer.

Melt remaining 3 tablespoons butter in a small heavy saucepan over moderate heat, then add flour and cook roux, whisking, until golden, about 3 minutes. Remove from heat and add 1 1/2 cups of simmering stock (from soup), whisking vigorously (mixture will be thick), then whisk mixture into remaining soup and return to a simmer, whisking.

Blend soup in batches in a blender or with an immersion blender until smooth (use caution when blending hot liquids), Reheat if necessary, then season with salt and pepper. Beat cream in a bowl with an electric mixer at medium speed until it almost forms soft peaks. Serve soup topped with cream. You can also stir the cream into the soup, un-whipped, or omit the cream and drizzle with good olive oil.

Leek Frittata

When I'm in a hurry and have eggs on hand (which is always!) this is my go to dish with whatever veg I have on hand. It's wonderful the next day in sandwiches or as a snack. It's just as good at room temperature as it is hot.

3-4 leeks, washed, sliced lengthwise and cut into half-rounds
1 -2 tablespoons olive oil or butter
½ teaspoon of fresh or dried thyme (optional)
6-8 eggs (or whatever you have or want to use)
feta or goat cheese (optional)
Salt, pepper

Heat the oil or butter (or a mixture) in a heavy sauté pan or well-seasoned cast iron pan or non-stick (if it's heatproof and can go in the oven). Add the leeks, thyme (if using) and a few pinches of salt to pan and sauté, covered, over med-high heat until they're tender. You may need to add a splash of water to keep them from burning and sticking or just turn the heat down a bit.

Set your oven to broil.

Lightly whisk the eggs until they're just broken up—no need to get them frothy. Add a few generous pinches of salt and several grinds of pepper. Pour eggs over the greens and tilt the pan to evenly distribute the eggs. Sprinkle the cheese over the top of the eggs, if using. Cover and cook on medium heat for a few minutes. When the eggs begin to set take the pan off the heat and set under the broiler until the eggs are cooked and slightly puffed and golden.

Let sit for a few minutes before cutting and serving. It will come out of the pan much more easily that way. Serve with a slice of bread and salad.

Smashed Potatoes with Roasted Purple Sprouting Broccoli or Raab

These potatoes fun to make and if you have a child who wants to wield a meat pounder or a heavy pan to do the smashing, even better!

Serves 4

1 lb small-ish potatoes (yellow or red)
Salt
4 garlic cloves
Olive oil
Freshly ground black pepper
Coarse sea salt
Either 2 teaspoons roughly ground coriander seeds

Place the potatoes in a large saucepan and cover with 2 inches of cold water. Generously salt the water. Place the pan over high heat, bring to a boil and cook at an active simmer until the potatoes are tender. Drain and let cool enough to handle.

Peel the potatoes (you can skip this step if you want but the potatoes get crispier if you peel them). Using a meat pounder or the base of a small heavy sauté pan, press down on the potatoes to flatten them, one at a time, until 1/4-inch thick. (You may need a spatula to lift them in one piece from your work surface; lay them on a baking sheet.) Flatten the garlic cloves also, leaving the skins on.

Heat a large cast iron or other heavy skillet over medium heat. Coat the base of the pan with a thick layer of olive oil. Add just enough squashed potatoes to fill the base of the pan. Tuck the garlic cloves in between the potatoes. Adjust the heat between medium and medium-low so the potatoes brown slowly. Let them sizzle away until nice and brown, 5 to 8 minutes, then flip and brown the other side. (The garlic may cook more quickly, so keep an eye on it. Brown it on both sides, then transfer it to a serving platter.) When the potatoes are browned, transfer to the serving platter, and season with freshly ground black pepper, a little sea salt, and either the roughly ground coriander or rosemary. Repeat with the remaining potatoes.

I think these are delicious with quickly sautéed or roasted purple sprouting broccoli or raab. So either sauté with a bit of garlic and a pinch or two of red pepper flakes or toss the greens/broccoli with some olive oil and minced garlic and red pepper flakes and roast in a 425 oven for about 15 minutes until tender and slightly charred.

Indian-inspired Buttered Greens and Potatoes

--Inspired by Food52

Serves 4

1 pound potatoes, peeled and cooked and cut into dice
1 bunch collard leaves, washed and very coarse stems removed (likely won't need to remove much if anything) and thinly sliced
2 tablespoons each butter and olive oil
1 onion, sliced
1 -15 ounce can of diced tomatoes
1 teaspoon cumin seeds

1/2 teaspoon turmeric
1 teaspoon ground coriander
2 teaspoons grated fresh ginger
3 garlic cloves, minced
salt to taste

Heat oil and butter in large skillet and brown the cumin seeds until they turn fragrant (just about 30 -60 seconds—be careful not to burn them). Then add onions sauté for 5 minutes add tomatoes and cook until they start falling apart, then add garlic and ginger. Add the spices, and a little water if necessary. Cook for a few minutes, then add greens and a 1/2 cup of water bring to boil reduce heat, add the potatoes and mix well then cover and simmer gently until ready, stirring once or twice to prevent sticking about 10 minutes.

It's done whenever the greens are cooked to your liking. This is very good served with whole milk or whole milk Greek yogurt and basmati rice and.

Sautéed Parsnips with Salsa Verde

I love the combination and sweet, almost caramelized parsnips with fresh, bright and acidic salsa verde. Top the combo with a fried or poached egg (as I do with many things!) and call it lunch or dinner.

Scrub parsnips and peel any rough spots if there are any. Slice parsnips into rounds on the bias. Cut the largest rounds in half (or into quarters) to get roughly even-sized chunks. Heat some olive oil in the largest skillet you have. Add the parsnips and a few generously sprinkles of salt and stir to coat well in the oil. Cook, stirring over, over medium high heat until the parsnips are tender and browning. Parsnips cook quickly so this will only take 10 minutes or so. Serve, generously topped with Salsa Verde.

Salsa Verde

You've seen this recipe before. I make some version of this weekly since it's such a winner with so many of the veggies we have right now. It offsets the sweeter, richer flavors perfectly.

It's also a wonderful dressing for a pasta or rice or quinoa or lentil salad. It's wonderful with meat and fish that's been roasted or grilled. I put it on sandwiches or mix a little into the egg yolks for a twist on deviled eggs or egg salad.

You can make this very quickly in a food processor or with a little more effort by hand. You don't want to totally uniform texture so be careful not to over process.

1 1/2 cups finely chopped parsley (about one medium bunch)
Grated zest of 1-2 lemons
1 shallot or chunk of onion, finely diced (optional)
2-3 tablespoons capers, rinsed (optional)
1-2 small garlic cloves, minced
3/4 cup extra virgin olive oil
2-3 tablespoons fresh lemon juice or white or red wine vinegar
Salt and freshly ground pepper

Combine all the ingredients and season with salt and pepper and adjust lemon/vinegar as needed.

Beet Salad with Toasted Pumpkin Seeds

--adapted from Feeding the Whole Family by Cynthia Lair

As you know I'm a fan of cooking all your beets at once and then having them on hand to do a variety of things so if you already have them cooked this salad comes together very quickly.

Be sure to toast extra pumpkin seeds since they are a wonderful snack and addition to most any salad or nice alternative to croutons in soups as well.

4 medium to large beets
2 green onions, thinly sliced or a small chunk of regular onion sliced as thinly as you can
2 cups of greens (any kinds of salad green, arugula or even very thinly sliced collards or kale), chopped or thinly sliced
1/3 cup feta, crumbled
1/3 cup pumpkin seeds (or sunflower seeds though pumpkin are superior in this dish)
3 tablespoons olive oil
2 tablespoons sherry, red wine or balsamic vinegar
1 teaspoon Dijon-style mustard
Salt & freshly ground pepper
Fresh chives or parsley (optional) chopped

Scrub the beets and cook them in plenty of water until tender. I cut them into chunks (without peeling them) so that they cook more quickly. Drain, peel them and cut into $\frac{3}{4}$ -inch dice. Toss the warm beets with half of the vinegar and some salt and let cool to room temperature. Whisk the remaining vinegar with the oil, mustard, salt, pepper and herbs (if using) and set aside.

Toast the pumpkin seeds in a dry, heavy skillet over medium heat, shaking often, until they are golden and fragrant and nice and puffed. This will take about 10 minutes. Cool.

Add the greens, scallions or onion and pumpkin seeds to the beets and toss with the dressing. Finally add the feta and adjust seasoning.

Beet Pesto

This is a delicious and beautiful variation on regular pesto. And if you have cooked or roasted beets on hand it's very quick to pull together. You can serve over grains or roasted veggies or over pasta (it will get very pink!) mixed with some cooked greens.

1 1/2 cups cooked, diced beets
Generous handful of walnuts, toasted or raw (or hazelnuts or almonds)
1 small glove garlic
About $\frac{1}{4}$ - $\frac{1}{3}$ cup grated Parmesan or other hard cheese
 $\frac{1}{4}$ cup good-tasting olive oil
Salt and pepper
1-2 teaspoons lemon juice or 1 teaspoon of cider, white wine or sherry vinegar

Process the cheese and nuts first until finely ground. Then add the remaining ingredients and process until smooth. Adjust seasoning to your liking.

To use with pasta, dilute with $\frac{1}{4}$ cup of hot pasta-cooking water before tossing with cooked pasta. Top with extra cheese.

Roasted Purple Sprouting Broccoli and Potatoes with Cumin and Onions

This is simple, earthy, sweet and delicious. Use whatever quantity of broccoli, potato and onion you want/need to use up.

Preheat oven to 400 degrees.

Cut broccoli (stems, leaves and all) into 2-inch lengths. Cut scrubbed, unpeeled potatoes and cut into 1/2-inch dice (more or less). Cut an onion in half and slice into thin, half-rounds. Toss all of the veggies with at least 2 tablespoons of olive oil and 1 teaspoon of kosher salt and about 1 teaspoon of cumin seeds. Spread the mixture on a sheet pan (cookie sheet with low sides) and roast, turning every so often until nicely browned around the edges and tender, about 20 minutes.

Serve with grilled sausages and whole grain mustard.

Sesame Collards

You can use the collards or the raab in this week's share for this preparation.

1 bunch collards or raab
1 teaspoon toasted sesame oil
¼ teaspoon red pepper flakes or 1 teaspoon of chili oil
2 teaspoons rice vinegar
1 teaspoon sugar
2 tablespoons sesame seeds

Cook one bunch of collards or raab in plenty of boiling, salted water until just tender—3-4 minutes should do it. Drain, rinse with cold water and squeeze out as much water as you can. Coarsely chop and place in a bowl.

Toast sesame seeds in a dry skillet over medium heat until golden and fragrant, stirring often. This takes just a few minutes and be careful not to burn.

In a small saucepan heat the remaining ingredients until hot but not boiling. Pour dressing over greens and mix well and top with toasted sesame seeds.

Spiced Parsnip Cake

--slightly adapted from Food52

This cake is really good. It's a splurge with all the maple syrup. You can substitute honey or use brown sugar with similar results. Do use the maple syrup in the glaze though or frost with your favorite cream cheese frosting or eat plain, dusted with powdered sugar.

One 9 x 13" cake

2 cups all-purpose flour or 1 cup whole wheat and 1 cup apf
1/2 cup almond meal flour
1/2 cup unsweetened shredded coconut
2 1/2 teaspoons baking powder
1 teaspoon baking soda
1 teaspoon French four spice (mixture of pepper (white or black), nutmeg, cloves and ginger)

1/2 teaspoon cinnamon
1/4 teaspoon ginger
1/8 teaspoon salt
1/2 cup buttermilk
1/2 cup maple syrup (grade B preferred)
3/4 cup sugar
4 large eggs, room temperature
Grated zest of one lemon or orange
1 teaspoon vanilla extract
1/2 cup unsalted butter, melted and cooled
2 cups shredded parsnips (about 2 medium parsnips)

Preheat your oven to 325° F with a rack near the center. Grease your 9- by 13-inch glass cake pan with butter and set aside.

Combine the first nine ingredients in a large bowl. Whisk about 30 seconds to fully mix and aerate the flour some. Set aside.

Combine the remaining ingredients, excluding the parsnips, in a medium bowl. Whisk well to combine. The sugar should dissolve before proceeding to the next step.

Dump the wet ingredients into the dry ingredients, and stir until almost incorporated - like making pancake batter. Add the parsnips and stir until just incorporated.

Pour into prepared cake pan, and bake until center springs back or a toothpick inserted near center come out clean, about 35 to 40 minutes. Remove to a cooling rack, and immediately pour the glaze over the hot cake, trying not to let much glaze spill between the cake and the pan. I sometimes pierce the surface of the cake with a fork to allow the glaze to seep in better.

Maple Buttermilk Glaze:

1/4 cup maple syrup (grade B preferred)
1/4 cup unsalted butter
1/2 cup buttermilk, room temperature

Combine the maple syrup and butter in a small sauce pan and heat until the maple syrup starts to boil and the butter is melted or close to it. Allow to cool for several minutes, then whisk in the buttermilk.